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ABSTRACT

This instructional packet is one of a series of five modules that emphasize a systematic decision-making model for common problematic situations. The steps of the model are identifying the problem, gathering information, developing and assessing alternatives, implementing a solution, and evaluating and modifying the solution. Aimed at adult basic education (ABE) students, each packet contains the following sections: pretest; objectives; information for the learner, with relevant exercises and worksheets, case studies that students can discuss together; and posttest. In addition, a form for students to evaluate the materials is provided. The packets were designed to be flexible, to stress problem-solving techniques that can be transferred to other situations, and to use community resources. Materials can be used on an individual or group basis, and usually can be used independently with evaluation and reinforcement provided by the teacher. This packet, on coping with a rocky relationship, covers marriage or relationship problems, goals, communications, divorce, marriage counseling, and self-actualization. (KC)

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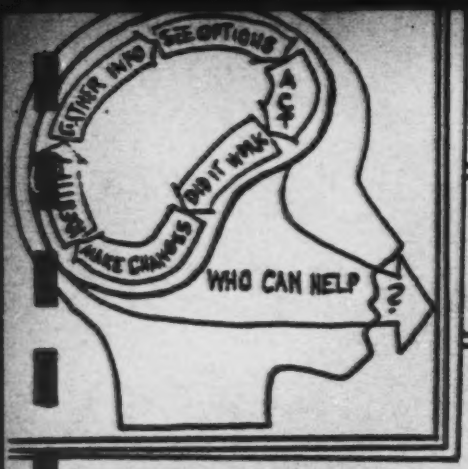

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WHEN A RELATIONSHIP SEEMS ROCKY

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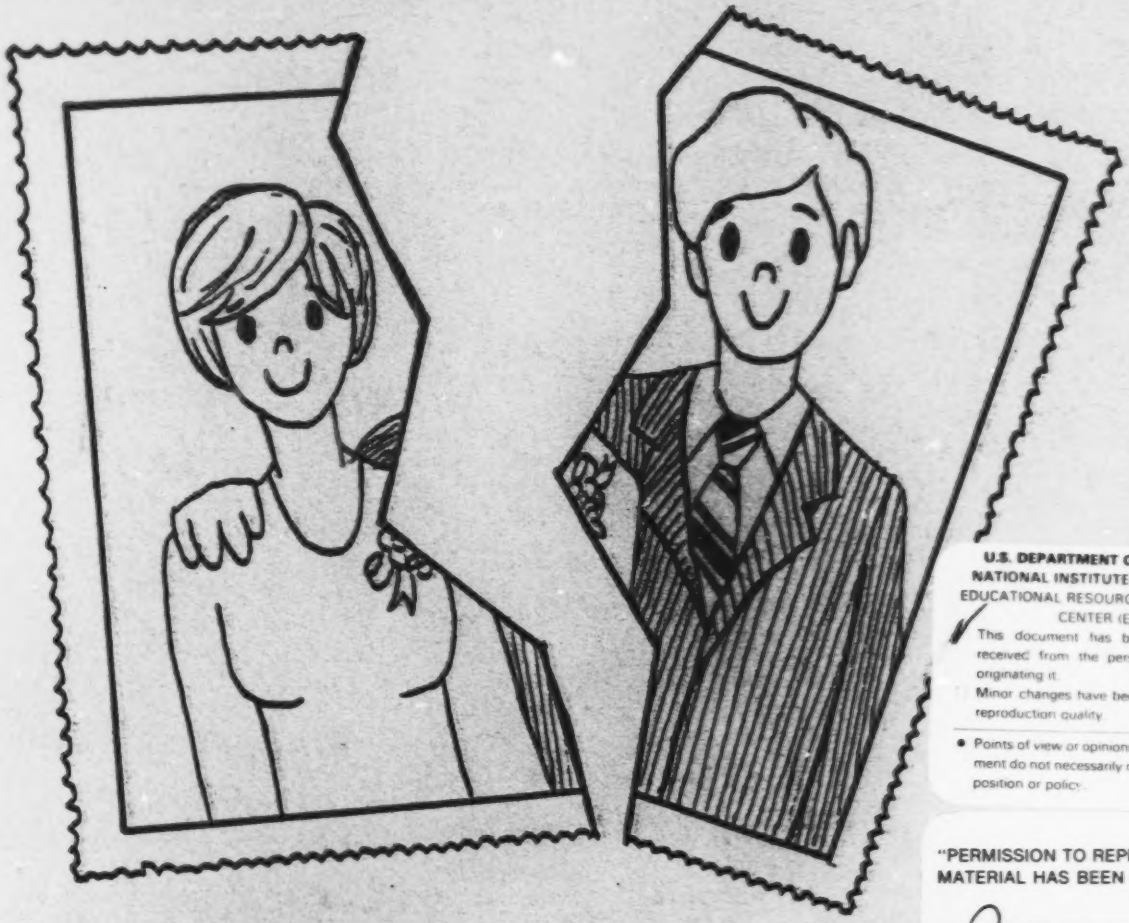

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WHEN A RELATIONSHIP SEEMS ROCKY

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FOR THE TEACHER

Coping With Crisis for the Adult Learner is a series of five instructional packets which emphasize a systematic decision-making model for common problematic situations. Although the topics vary for each packet, the format and strategies remain constant.

RATIONALE

The rationale for the entire series is that, regardless of the problem, the use of a general problem-solving approach usually yields positive results. This approach can be summarized as follows:

1. **Identify the problem.**
2. **Gather information.**
3. **Develop and assess alternatives.**
4. **Implement a course of action.**
5. **Evaluate the solution and make necessary modifications.**

Many times, individuals involved in Adult Basic Education (ABE) programs may find themselves overwhelmed by personal problems. Without the skills to attack the problems systematically, the person may be at a loss as to how to proceed. As a result, the difficulties remain unsolved. In addition to the personal consequences, there are educational implications as well. Such a person is likely to find it difficult to benefit fully from any education program until progress is made in other areas of his/her life.

FORMAT

Each packet contains the following sections:

1. **Pretest - used to assess prior learning and for evaluation purposes**
2. **Objectives**
3. **Information for the learner - with relevant exercises**
4. **Case Study - Upon completion of the questions it is helpful for students to discuss their responses**
5. **Post test - for evaluation**

These packets were designed to be flexible, to stress problem-solving techniques which can be transferred to other situations, and to utilize community resources. Depending on the situation, the materials can be used on a group or individual basis. A fourth-grade reading level is utilized throughout. For the most part, learners will be able to proceed independently with evaluation and reinforcement provided by the teacher. Numerous opportunities are provided for students to apply what they have learned within a practical context, and teachers can help by encouraging the adult learners to complete all exercises.

FOR THE STUDENT

At some time, almost everyone has problems with their health, children, money, or marriage. You can't avoid such problems entirely, but still you can learn to handle them in a positive way. The series, **Coping With Crisis**, will give you information so you can find answers which meet your needs.

Whenever you have a problem, you need to tackle the issue. You must also admit that physical and emotional stress can happen with it. For example, the stress that starts with a money problem can spill over and cause tension in a marriage. When a parent is ill, children may get upset too! To avoid one problem causing another, it is helpful to have positive ways to cope.

Although it is hard to say the specific problems that a person may have, it is helpful to know general steps which can work in solving just about any issue. These steps are called a **decision-making model.** The specific steps are:

1. **To understand what factors led to the problem.**
2. **To get information.**
3. **To think about different ways of solving the problem and to weigh the good and bad points of each.**
4. **To decide on a course of action.**
5. **To see if the solution worked and make any needed changes.**

Only rarely is one solution a perfect one. Almost any choice will represent a compromise. Often the biggest challenge is selecting the solution which meets your needs and is still fair to other people who may be involved.

HOW TO USE THESE MATERIALS

Each booklet starts with a short quiz to help you see what you already know. Your time is valuable, and it does not make much sense to spend too much time on topics you already know.

The quiz is followed by useful information. The more you know about any issue the more likely you are to make a wise choice on how to solve it. This information uses the decision-making model. It will help you see how it is used in everyday cases. There are also some short exercises. These will help you to try out your new problem-solving skills. They will also help you find help in your own area that you can use when a problem occurs. Using such resources can help you bring expert advice to a problem. It doesn't mean that you've failed when you seek such help. It does show you we want the very best solution possible. You are also smart enough to know where to get such aid.

Next there is a Case Study which allows you to use all your skills in a real-life situation. In many instances, there are no "right" answers to case study questions. Therefore it can be worth-

while for persons working on the same packet to discuss their answers with each other.

Finally you will find another brief quiz. It will help your teacher learn if the packets were useful to you. The most important thing to remember is that your final goal should not be only to do well on the quiz. Your success really will be clear when you can tackle everyday problems in a calm and effective way. In a sense then, your daily life is your real final exam.

PRE-TEST NAME _____

WHEN A RELATIONSHIP SEEMS ROCKY

1. How familiar are you with the concept of the three C's as the key to a successful marriage?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

2. Are you familiar with the idea that no one can make us happy; we are the only ones truly responsible for our own happiness?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

3. How familiar are you with the importance of effective communication and effective listening as a key to a successful marriage?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

4. How familiar are you with the importance of realistic expectations in a marriage relationship?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

5. Are you familiar with the role of a therapist in a marriage counseling situation?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

6. Are you familiar with the major legal considerations involved in ending a marriage relationship?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

7. How familiar are you with the emotional feelings experienced after a marriage is ended? We should know that the "grass is not always greener."

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

8. How familiar are you with the many things which must be done to build inter-personal relationships?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

WHEN A RELATIONSHIP SEEMS ROCKY

NOTE TO THE TEACHER: Please detach this sheet before giving the packet to a student.

OBJECTIVES:

Students will:

1. Identify factors which contribute to a positive relationship.
2. Utilize techniques for improving communication.
3. Locate community resources which are available for persons experiencing marital problems.
4. Recognize major changes in lifestyle which result from a divorce.

WHEN A RELATIONSHIP SEEMS ROCKY

IDENTIFY THE PROBLEM

No relationship is perfect. When we say "relationship," we mean an emotional bond between two people based on caring and sexual attraction. Although many books and movies seem to say something else, no one really lives "happily ever after." However many of us still cling to that romantic myth. When we have rough times, we may feel there must be something wrong with the relationship itself. Then we sometimes fall into the trap of blaming ourselves or our partner for our supposed "failure." Good relationships may have just as many problems as unsuccessful ones. What makes the difference is that in good ones people know how to tackle problems in a positive way.

We know that one marriage out of every two ends in divorce. The reasons for ending a marriage are as varied as the people involved. They may include specific problems such as alcoholism, spouse or child abuse, or infidelity. They may be related to more general unhappiness where the partners no longer share the same goals and values. Then they find it hard to communicate. No matter what the reason, deciding to end a relationship is never easy.

GATHERING INFORMATION

When Is It Necessary To Split?

Other than times where the health and safety of the spouse and/or children are in danger, there are no absolute reasons to end a relationship. What may be unbearable for one person is merely annoying to another.

If we recognize that every relationship has problems, why do some couples stay together while others split? Reasons vary. They may include religious beliefs which say marriage must be for life. Others desire to maintain a stable home life for children. Some are held together by economic necessity. Some feel pressures from family. What becomes more important than the reasons a couple choses to stay together is what they do to make their relationship fulfilling rather than a loveless truce between warring partners.

What Can Be Done To Make A Relationship Work?

The particular steps used by any couple to build a satisfying marriage vary greatly. However traits that are present in most good relationships can be summarized as the 3 C's - commitment, communication, and compromise.

COMMITMENT

To get any goal, we must want it very much. Wishful thinking, romantic fantasizing, or relying on luck will rarely help us. A well-kept secret in much of the romantic fiction we see on T.V. and read in stories is that successful relationships take hard work. They don't just happen because two people love one another.

Once we know that good relationships require hard work, we must make sure that both partners are striving toward the same goals. It is often amazing that two people enter a marriage with very different ideas of what that marriage should be. In these cases, problems often arise even if both people seem to be working hard. The problem is that they're working to get different results. To try and help you sort out what you want from a relationship beyond the myth of living "happily ever after," try the exercise in Worksheet 1. If you are currently involved in a relationship, have your partner respond to the same questions to see how closely your goals are shared.

WORKSHEET 1

WHAT I WANT FROM A RELATIONSHIP

Part I

Check all the statements which describe what you want in a relationship.

	YOU	YOUR PARTNER
1. I want someone to share common interests with me.	____	_____
2. I want someone to help with the financial support of the household.	____	_____
3. I want someone who will be a good parent to our children.	____	_____

4. I want someone who will make me feel important. ____ ____

5. I want someone who will listen to me and share my problems. ____ ____

6. Sexual satisfaction is very important in a relationship. ____ ____

7. I want to be with someone who is affectionate even in non-sexual situations. ____ ____

8. I want someone who helps take care of the house. ____ ____

Part II

If you are involved in a relationship now and your partner has answered the questions, circle all the items on which you both agreed.

It is also important to explode another romantic myth. It is that someone can "make us happy." We are the only ones truly responsible for our own happiness. Sharing our lives with another person may enrich us. It may make our happiness more meaningful. Others cannot create happiness for us where none exists. Making such demands of another person is both unfair and impossible to achieve. Yet how many times have we talked to people who were unhappy with their own lives and who said: "If _____ and I would just get married, I know everything would be great." To help you learn what contributions you can bring to a relationship, try answering the questions in Worksheet 2.

WORKSHEET 2

HOW I TAKE GOOD CARE OF ME

Part I

Place a check mark along side of each statement which is true.

1. I have hobbies and interests which are fun. _____

2. I take good care of my health. _____

3. I make an effort to build friendships with others. _____

4. I take good care of my appearance. _____

5. Generally I look on the bright side of a situation. _____

6. When I am not with other people, I enjoy my own company. _____

7. I am able to support myself. _____

8. When I have a problem, I may reach out to others for help or suggestions. In the end, I know I am responsible for solving my own problems. _____

9. If I make up my mind to reach a goal, I can work very hard to get it. _____

10. If you asked me right now, I could tell you several reasons why I feel good about myself. _____

11. List any other good things you like about yourself.

Part II

Decide on two things you might do which would help you be happier with yourself. For example, stop smoking, get a better job, make new friends, etc. Write each one down. Under each goal, list, specific small steps you can take to make your goal a reality.

Goal 1 _____ Goal 2 _____

COMMUNICATION

Enough money, shared interests, and good sex are not enough to make a strong relationship. People and situations change frequently. Thus effective communication must be an ongoing effort. Many people can do a great deal of talking without ever really saying anything worthwhile. For communication to be helpful, we must be very careful how we say our message and how we listen to the response.

If we are really concerned with reaching another person with our thoughts and feelings, there are some simple steps we can follow. Since most of us have been talking for years, it may seem odd to think of "rules" for good communication. However to be a good communicator is a skill we must learn and practice just like any other. Try the following suggestions and see if they don't help you to communicate more effectively (Remember the importance of practice. Don't expect instant success.)

1. Set aside some time when you and the other person are not likely to be interrupted.
2. Try to focus on one topic at a time. Deal with an issue which is important to you now rather than problems from the past.
3. Avoid making accusations. It is normal for anyone to become defensive if they feel he/she is being personally attacked. Instead state your thoughts in a positive way in terms of your own feelings.

For example, suppose your spouse is often late coming home for dinner. Don't say "How can you be so thoughtless, rude, irresponsible, and inconsiderate....."

Try saying instead "When I spend alot of time making supper, I feel hurt and dissapointed when you're late. I also worry that something may be wrong. I would really like it if you would call if you're going to be late."

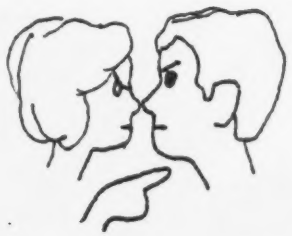
OR

Don't Say "Why can't you keep this house clean? You're such a slob."

Do Say "When I come home, It really matters to me to have a neat house. Let's both pitch in and straighten it up."

If you look at these statements carefully, you'll see that positive communication stresses how you feel, it also gives suggestions for making a situation better. Negative statements

mainly focus on an attack on the other person.



This may seem like a new way of talking for you. To get a better idea of what is involved, try the exercises on Worksheet 3.

WORKSHEET 3

POSITIVE COMMUNICATION

Think of someone who has upset you several times recently (a spouse, your boss, a family member or friend). In the first column, write down what they did which made you unhappy. In the second column, write down a positive message to state your feelings. Remember to stress the "I" and to include a suggestion on how to make the situation better.

COLUMN 1	COLUMN 2
1.	1
2.	2.

3.	3.
4.	4.
5.	5.

The second part of the communication process is listening well. Sitting back passively while someone talks really isn't listening. Our minds may wander. We may be thinking of the next point we wish to make. We may let feelings of anger or hurt block our understanding of what the other person is saying. To listen well demands concentration. It also takes the ability to look at a situation from another person's point of view. There is a little trick which helps to be sure that you understand clearly what another person is trying to say. It is to restate what you think they have just said. In discussions where emotions are high and messages are likely to get confused, try the following:

1. Pause from time to time and say "If I understand what you're saying, you feel ...." Restate in your own words what you see as the other person's message.
2. If you are correct, the other person will agree and your conversation can proceed.
3. If the other person disagrees, it will give him/her a chance to restate their thoughts and feelings more clearly to be sure the message is clear.

At first, this may seem to be an ackward way of talking. However it really need not be mechanical. It does help to insure that you really understand what the other person is trying to say. The activity in Worksheet 4 will give you a chance to practice important listening skills.

WORKSHEET 4

LEARNING TO LISTEN WELL

Part I

Team up with another person in your class. Select a topic on which you have opposite viewpoints

(a political candidate, prayer in the schools, the Equal Rights Amendment, etc.) Share your views with one another for 15 or 20 minutes. Follow these guidelines for good communication:

1. Try and state your thoughts clearly. Use facts and examples to back up your point of view.
2. Avoid making judgements on the other person's position.
   Don't say "That's stupid" or "You don't know what you're talking about", etc,
3. Periodically stop and restate what you see as the other person's position.

Part II Answer the following questions:

1. What did you find difficult about this exercise?

2. Tell something good you learned by trying to listen well.

3. Write down listening skills on which you still need improvement.

4. Do you understand the other person's viewpoint better although you may still not agree with him/her? Explain your answer briefly.

COMPROMISE

Mature persons know that it is unfair to expect that you will always have things go your own way. Instead we usually need to reach a compromise where both parties give in on some points so we can find a solution that both can accept. Consider the following example:

> Joan and Tim have been having arguments over taking care of the children. Joan feels trapped because she is home all day with two preschoolers. When Tim gets home from work at the end of the day, Joan wants him to pitch in and help with the kids so she can have some time to herself. Tim says that the children are Joan's responsibility just as his job is his responsibility. He's tired when he gets home and needs to relax and unwind so he's fresh for work the next day. Joan responds that the children are his kids too, and she also needs "time off". The arguments are getting more hostile.

Obviously each person does have needs that must be met. Continuing to make accusations at each other won't solve the problem. Some examples of compromises might be:

1. Both parties agree that Joan will take responsibility for the children during the week. However on weekend afternoons, Tim will take over with the kids so Joan can have her own interests.

OR

2. Each evening while Joan is making dinner and cleaning up, Tim will help for an hour or so and give the children their baths and put them to bed. Then both Joan and Tim will have more time to spend with each other.

OR

3. They can agree to take major responsibility for the children every other night.

SHARING THE LOAD?

No answer is perfect. However they do show that a workable marriage requires give and take from each partner. Can you think of other suggestions?

SOLVING THE PROBLEM

Once you understand more about the inner workings of a relationship, you should have realistic expectations. Sincere efforts spent in improving communication may be all that is needed to solve problems. Sometimes despite the best of intentions, self-help just isn't enough. This is the time to think about professional counseling.

There is alot of misunderstanding about people who seek counseling. First the person seeking help is not a failure. Rather it is a sign of maturity and self-respect to know when to seek outside expert help. Another reason some people don't want counseling is that they feel they don't want any "know-it-all" therapist telling them how to run their lives. A good therapist rarely tells any client what to do. Rather the counselor guides the client in helping him/her work out their own solution to the problem. In trying to work on any problem, the old saying that "Two heads are better than one" is often true. An experienced counselor often can suggest new ideas for attacking an issue that we may have not been able to think of on our own. Another concern is that counseling will be very costly. Almost every community has places where counseling can be obtained at low cost or free of charge. The following tips will help you get the most from any counseling service:

1. Try to have a clear idea of exactly what you want to gain through counseling. Expect to work hard to reach your goal. Your therapist cannot solve your problems for you.

2. Be totally honest in the sessions. Therapists are not mind-readers. You'll waste everyone's time if you become defensive and hold back information. There is nothing new you can say which will shock a counselor. All information is confidential.

3. Select a qualified counselor. If you seek help through an established community agency, you can be fairly sure that the staff is qualified. However if you are planning to use a private counselor, ask your family doctor for a good referral.

4. Not every counselor is right for every client. If you have been working hard and you are not getting any results after a few months ask for a different counselor. Don't give up on the process of counseling itself.

5. Be realistic and don't expect miracles. Your problems didn't occur overnight, and they can't be solved instantly.

THREE HEADS CAN BE BETTER THAN TWO

Many people are amazed at the wealth of services in their own communities. Complete Worksheet 5 to learn what's available in your area. You may not need all the information yourself. However you may learn new ideas to share with friends or other family members.

WORKSHEET 5

COMMUNITY RESOURCES FOR FAMILY COUNSELING

To do this exercise, you will need a copy of your local telephone directory. Many phone books are conveniently organized with a section of "Blue Pages" which list community agencies. If you can't locate resources for any of the following questions, ask your teacher for help.

	NAME OF AGENCY	TELEPHONE NUMBER
Agencies which provide family or marriage counseling	1.	1.
	2.	2.
	3.	3.

Sometimes problems in a marriage are very specific, and agencies gear their services to these particular needs. Locate at least one community resource which offers services for these problems:

Alcoholism	4.	4.
Drug Abuse	5.	5.
Child Abuse	6.	6.
Battered women (spouse abuse)	7.	7.
Problems of the elderly	8.	8.

Sometimes despite everyone's best efforts, a marriage cannot continue. One or both partners may decide to seek a divorce. This is rarely an easy decision. However we can help to reduce the trauma if we plan ahead for what problems may arise. Then we should have plans for how we will deal with them.

When a relationship has been hurtful for a period of time, the decision to end it at first may bring a sense of relief. There is also a tendency to think the "grass will be greener" when we are no longer involved with our present partner. However the following issues must be dealt with. It is best to have a plan of action rather than to be caught unaware:

1. Legal Considerations - Seek the advice of a qualified attorney regarding property settlements, financial support, and child custody. Legal services are rarely cheap. It is helpful to call several lawyers to compare fees. Also work out a payment plan that is in keeping with your ability to pay.

2. Change in Standard of Living - Both partners usually find they have less money as the result of a divorce. Women in particular may find their financial status so changed that they need to seek public assistance or must begin looking for a job for the first time in many years. Many agencies and local colleges offer programs for Displaced Homemakers. It may be worthwhile to check this out.

3. Dealing With Your Children - Although there may be times when you seem at loose ends during a divorce, we must remember that children have to make adjustments too. If you are getting counseling, your children might also benefit from talking to someone.

Two points are worth remembering. Some children will tend to blame themselves for their parents' divorce. It is extremely important to tell them that this is not the case. Secondly some parents may fall into the trap of using their children as weapons or bargaining chips in arguments with their ex-spouses. This is extremely harmful to children. It must be avoided at all costs. An organization called Parents Without Partners is available in many areas to serve as a support group for people facing similar concerns. Check your phone directory.

JOHNNY, IT'S NOT YOUR FAULT!

4. Rebuilding Your Life-Many people have dreams that everything will be fine once they end an unhappy relationship. This is rarely the case. A new life must be built. New tensions must be faced. Many readjustments must be made. It generally takes some time to come to learn to be a single person again and not the other half of a couple.

TAKING ACTION

If you decide to work at saving your relationship or decide to end it, there will be no way to avoid the time and hard work involved in achieving your goal. In either case, it is important to remember to expect a period of transition where you make mistakes. It is vital that you don't waste valuable energy blaming either yourself or your partner. It is more helpful to focus on your end goal. Then make a resolution to not repeat the same mistakes. Decide to move forward rather than looking backward with regret. During this time of either rebuilding a relationship or ending it,

it is likely that you will need support from others. Whether you turn to friends or counselors, don't hesitate to ask for help.

EVALUATING YOUR COURSE OF ACTION

No matter what you decide to do, it is important to have realistic expectations. Don't expect overnight solutions. It is also worthwhile to stop from time to time and evaluate your progress. Consider questions such as are my actions helping me getting closer to my goal or are they blocking me? Should I try some new strategies? Have I obtained all the outside help I need? Have I avoided blaming myself and/or my partner for occasional mistakes? Do I periodically give myself and/or my partner credit for progress which has been made? Have I avoided repeating the same mistakes over and over?

Despite the high divorce rate, people still continue to marry in record numbers. Obviously we value marriage and believe that long–term relationships are worthwhile. The greatest challenge is putting forth the effort to make them work.

CASE STUDY

WHEN A RELATIONSHIP SEEMS ROCKY

Everyone experiences rocky times in any relationship. We too often forget the three C's for success; commitment, communication, and compromise. We also think that all relationships over time will fix themselves. Too often we are afraid to seek a professional counselor to help us with our problems.

The reasons we didn't involve a professional vary greatly. Most often people are concerned about sharing personal details with a stranger and tend sometimes not to be totally honest.

If you were to become aware of your best friends' marriage problems and a chance for a divorce, how would you advise them to work out their problems? Who should they talk with and why?

The next page has some questions based on this Case Study. They will help you to see how you have improved your problem-solving skills.

CASE STUDY QUESTIONS

1. State in your own words what are the major problems in the case study.

2. What kinds of information would you need to know to plan a course of action?

3. What resources in your community might help in solving this problem?

4. List as many possible solutions as you can.

5. Which solution would you recommend? Why?

6. Any one solution is rarely perfect. What problems might arise with the solution you chose?

7. How would you decide if your solution worked well?

8. If your first approach didn't work out, how might you improve it?

POST TEST

Name _____

WHEN A RELATIONSHIP SEEMS ROCKY

1. How familiar are you with the importance of effective communication and effective listening as a key to a successful marriage?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

2. Are you familiar with the major legal considerations involved in ending a marriage relationship?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

3. How familiar are you with the overall general knowledge contained in this packet?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

4.. Are you familiar with the role of a therapist in a marriage counseling situation?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

5. Are you familiar with the idea that no one can make us happy; we are the only ones truly responsible for our own happiness?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

6. How familiar are you with the importance of realistic expectations in a marriage relationship?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

7. How familiar are you with the concept of the three C's as the key to a successful marriage?

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

8. How familiar are you with the emotional feelings experienced after a marriage is ended? We should know that the "grass is not always greener."

Not Familiar At All	Somewhat Familiar	Familiar	Very Familiar
0	1	2	3

STUDENT EVALUATION

We are very interested in how you feel about this book. Please complete the following checklist. There is space at the bottom for your comments. Anything you might want to add can be written there.

	YES	NO
1. The material was interesting.	____	____
2. I learned some new ideas.	____	____
3. The information will be useful in my daily life.	____	____
4. It was easy to read.	____	____
5. The exercises and case study helped me use my new skills.	____	____
6. I was able to do most of the work without help from the teacher.	____	____

The packet stressed a specific way to make decisions. It includes:

1. Identify the problem.
2. Gather information.
3. Think of different solutions and weigh their good and bad points.
4. Make a decision.
5. Decide if your course of action was successful. If not, make changes.

7. I understand this approach to making decisions.	____	____
8. I think it will be useful to me.	____	____
9. I learned more about the community services which are available.	____	____

Comments:

Your Age: _____

Sex: _____

Highest grade you've completed: _____

How many hours did it take you to complete this booklet? _____